



Curriculum Intent: Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Curriculum Area	Description of Concept	Implementation
Outwitting opponents	To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games, including Badminton, Basketball, Cricket, Football, Hockey, Netball, Rounders, Rugby, Volleyball, Tennis and Table Tennis.	Pupils will use a range of skills and techniques fluently and accurately; devise and carry out a range of different tactics and practices; work cooperatively in their groups, taking on a variety of roles within the group and the games played; understand the similarities between the games played, applying and adapting tactics and skills effectively; identify what they need to do to improve, carry out and adapt ideas and suggestions received from them
Developing skills and performance	To replicate skills, develop their technique and improve their performance in other competitive sports including Swimming, Athletics and Gymnastics. Also to replicate and perform dances using challenging dance techniques within a range of dance styles and forms.	Pupils will learn to replicate, demonstrate and develop the skills necessary to develop fluent routines (Dance/Gym), swimming strokes or athletic events with precision, control, correct technique and aesthetics along with developing their compositional ideas (Dance/Gym), and their tactical and strategic awareness and adapting their skills to the needs of the event (Swimming/Athletics).
Outdoor and adventurous activities	To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group through activities including Orienteering.	Pupils will further develop the skills necessary to compete and achieve in a number of outdoor and adventurous events. To build on experience at a range of activities demonstrating continued leadership skills. In all tasks, demonstration of accurate technique, inter-personal skills and related performances will be developed.
Analysing and evaluating Performance	To analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best through all activity areas	Pupils will develop their K&U of teaching points of the skills and processes being learned. Pupils will be able to evaluate their own and others strengths and weaknesses in a performance. Be able to suggest areas for improvement. Use of analysis tools on ipads to observe and improve the performance of self and others. Peer observation & assessment will be systemic throughout all curriculum areas.
Making informed choices about healthy, active lifestyles	To understand and apply the long-term health benefits of physical activity through Cross-Country Running and Health Related Fitness	Pupils will understand why regular exercise has a positive effective on their own health, fitness and social well being. Understand the effect exercise has on heart rate and performance implications. To understand the type of fitness athletes need to perform at a high level. To perform a variety of training methods . To develop their understanding of how to design and evaluate their own fitness programme.
Participate in Competitive Sport	To take part in competitive sports and activities inside and outside school through school based clubs or community links and sports clubs.	Pupils will be given opportunity to participate in competitive sport through the curriculum areas and be encouraged to attend extra-curricular sports clubs and given the knowledge of community sports club links and/or facilities where they can extend their learning .

Inclusion / SEN:

Enrichment and Careers Education:

Pupils should be encouraged to:

- Practice skills at home
- Participate in extra-curricular sport
- Participate in inter-form competitions
- Attend relevant sports tours
- Join sports clubs in the community and/or use local facilities
- Participate in sports days

Curriculum Structure:

- All curriculum areas are taught through a broad range of different physical activities/ sports over a durations of 4/5 week blocks.
- All students follow the same PoS depending on their gender.
- Each activity/sport will be assessed and recorded after each unit of work.
- Students will be set in same gender ability groups and then monitored through the assessment procedure.

NC Curriculum Aims:

To ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Attainment targets: By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study and be assessed against all the subjects' levels of attainment criteria (Level 1-5) through a range of Q & A, Observation, Formative and summative assessments.